

Dear Berlin Family Practice Physicians,

The attached Weight and Health Profile was created by the VT Department of Health in collaboration with AHEC and UVM COM in 2007 to support the promotion of healthier weight with patients and reduce incidence of obesity and its comorbidities. Since this time, there have been no updates to this tool nor has feedback been gathered from physicians regarding its usefulness for primary practice.

Attached is a version of the Weight and Health Profile for your review and below are two proposals for incorporating the profile into your practice. The following is a link to a survey to gather your feedback regarding incorporating this tool into your practice: <https://www.surveymonkey.com/s/LBKXMCP>

The survey is nine questions long. If you would please take a moment to complete the survey, your feedback will provide valuable information to the VT Department of Health make so they may update the Weight and Health profile and improve its usefulness for obesity intervention and prevention.

Thank you so much for your time and participation.

Your feedback is greatly appreciated.

Respectfully,

Bridget Colgan

Berlin Family Practice Weight and Health Profile Workflow Proposal:

Option 1: The Weight and Health profile will be administered by CCA's to all patients with a BMI > 30. CCA's will complete height, weight, and BMI with the patient. The physician will then complete the remainder of the worksheet with the patient, including health conditions and risk factors, readiness, and goals for physical activity, nutrition, and weight loss. The patient will present the original to the front desk upon checking out and a copy will be retained in their patient record for review at the next visit, the patient will take the original home.

Option 2: The Weight and Health Profile will be kept in the file drawer in each exam room. Physicians will determine for which patients administering the Weight and Health Profile will be beneficial and will administer the profile to those patients during the visit. As in option 1, the patient will present the original to the front desk upon checking out and a copy will be retained in their patient record for review at the next visit, the patient will take the original home.